

FUNDAMENTALS FOR SKIING

FRED URQUHART, INSTRUCTOR, PRESENTS TIPS

Skiing has experienced a mushroom growth during the past ten years. To-day we are trying to catch up with this growth by placing competent instructors in the field and making instruction available to everyone.

As teachers and students of Physical Education, we ought to avail ourselves of this opportunity to teach the younger generation this fascinating, healthful and invigorating outdoor activity which we call skiing.

Many books have been written about skiing. In recent years these have been written especially for the beginner and include many illustrations which greatly facilitate ones ability to learn. Books such as "When We Ski" by Charles M. Dudley (Grossett & Dunlop, New York; "Skiing from A to Z" by Dr. Walter Tmstutz, continued on page 3 col. 1

FUNDAMENTALS OF SKIING

continued from page 1 col. 2

(Oxford University Press, Toronto, 1939); "Learn to Ski" by Herman Boutzmann (MacMillan, Toronto), and the Daoust handbook on "Concentrated Ski Technique," are all excellent reference books for the beginner.

To ski it is essential that you have not only a complete outfit, but one that is correct in every detail. Your skill and your comfort depend on your equipment. Poor equipment not only spoils a great deal of the pleasure which should be derived from the sport but often discourages a skier because he started with the wrong type of equipment. Get the best you can afford to buy! Make sure your skis bear a recognized trade-mark. Hickory and ash are the two best woods. The length is very important. The ski should reach to the palm of the hand when the arm is raised straight over the head. Bindings (or harness) are of various makes and should be perfectly adjusted to fit the boot. Poles should be of wood, preferably bamboo, and should reach the arm-pits. Good boots are most important, large enough for a thin insole and two pairs of socks (one light and one heavy).

The clothing worn by the individual requires careful consideration, too! It must be light in weight, give sufficient protection from the weather, but allow complete freedom of movement.

Once the equipment and clothing difficulties have been overcome, we are ready to get down to the business on hand—that of learning to ski.

We should begin practicing on level ground, learning to balance properly, to walk and run properly, to turn around, to use our poles and so on. Then we can move to the small hills and learn the methods of climbing, as well as our running positions down hill.

When these fundamentals have been demonstrated and practiced we are ready to attempt some "controlled" down-hill running. This is done with the skis in a snow-plow position. This "snow-plow" or double stemming is the most important fundamental in skiing. It is from this position that all other turns are built. Thus, it is essential that the snow-plow position be mastered.

From here we go on to single stemming, the stem turns, stem Christiania, steered Christiania, jerked Christiania, Telemark, stepping around, closed Christiania, tempo turns and jump turns.

The various names used and movements seem to confuse the beginner. This should not be the case. Nothing is learned without some effort. If you wish to become a proficient skier you must practice; and if you intend to practice you should use the proper methods, as "practice makes perfect" only when you practice the right way, which is by studying the various movements, body shifts and change of weight on your skis, and trying to analyse to find out why you are not making a success of your skiing. In this way and only so will you eventually achieve some success.

Snow or Straw-- We Ski!

By
LUELL A. WEED

Instructor in Hygiene and Physical Education
Stanford University

VORLAGE — *stem christie* — *christie* — *telemark* — *side-slipping* — *schussing*! The world is "tail-wagging" with great speed into a new vocabulary and a new sport for all which is centuries old. Skiing has been rediscovered in the last ten years, to become one of the most popular of recreation activities.

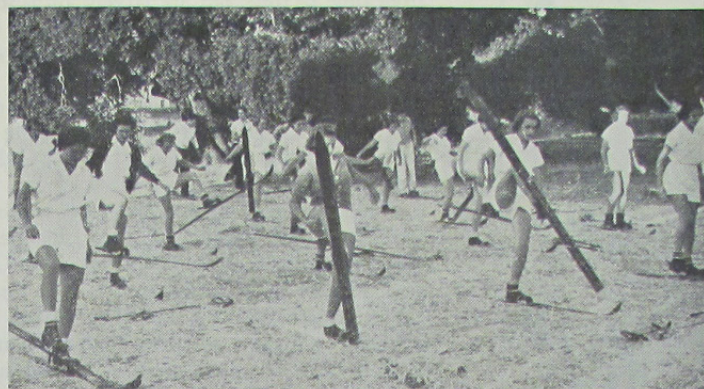
It has been found that the United States has some of the best ski terrains in the world. Foreign experts have come here to teach, Americans have gone abroad to learn, and as a result the United States has one of the most competent corps of ski instructors, comparing favorably with any country of the Old World where skiing has been known since 6000 B.C.

To ski is to live! To live the fullest for skiing, one must be proficient in the art. To be proficient one must be ready, that is, in condition to learn with the greatest ease and in the shortest amount of time.

As a result of this eagerness to learn, Stanford University met a problem of unpreparedness by offering a course in Dry Skiing. The purpose is to condition and limber the students for the activity, in order that they may be able to make the most of their few coveted week ends in the mountains.

Dry Skiing is offered as a regular physical education credit class under the auspices of the Men's and Women's Physical Education Departments. Each class is limited to thirty men and thirty women. They meet three times a week; the men and women meet separately twice, and together the third time.

The classes are held on a flat surface covered with straw. About twelve bales are used over an area of 500 square feet. Skis, poles, and boots are rented by each student from a nearby equipment store for a very small sum.



Balance exercise

The purpose of this course is to educate the novice, as well as to condition the ski team. The exercises are especially adapted to strengthening the knees and ankles as well as for general body limbering.

The classes have been held for three years successfully, with increasing interest each year. They form the nucleus for the Ski Club which boasts the largest membership of any club on the campus, and which is the newest. Most of the week ends are spent in Yosemite, two hundred miles away. The average number going at one time is about one hundred and twenty-five.

The students are urged to take at least one two-hour lesson a week end, which takes the place of one dry ski lesson a week on the campus.

The activity lessons are supplemented by movies of expert, highly specialized performance, as well as instruction by experts of fundamental techniques. Lectures are presented on first aid and safety in skiing, selection and care of equipment, and general ski etiquette.

A member of the women's staff instructs the women's class, and the President of the Ski Club and the Captain of the ski team instruct the men's class. All three vary the teaching of the coeducational group meeting once a week.

Dry ski courses are now being offered by other Pacific Coast colleges as well as several eastern schools and ski clubs. They have proved to be valuable in preventing many accidents and in facilitating learning on the snow, as well as in adding greater enjoyment to the sport.

Following is presented a list of some of the exercises used by the Stanford classes. These exercises have been

"Springing" exercise





THE KICK TURN



CLIMBING



STRAIGHT DOWNHILL RUN
NING



SNOW PLOUGH OR STEM.



SINGLE STEM

compiled by the students as originated by them from time to time, but are largely authentic Swiss Ski School exercises as translated from German by Willie Meyer, a Swiss student at Stanford three years ago, who is now a ski instructor at Sun Valley. A second list compiled by Hans Georg, St. Moritz professional and author of *Skiing Simplified*, who is now located in California, describes exercises without skis.

These two lists of exercises are reprinted by permission from a pamphlet issued by the Winter Sports Committee of the California State Chamber of Commerce. Of their value, Mr. J. E. Carpenter, of the Winter Sports Committee, writes:

"These exercises are presented as a means of accident prevention and as an aid in making skiing more enjoyable through conditioning yourself for the strain of skiing before arrival at the snow fields, thus permitting your entire time to be devoted to the sport.

"In skiing, certain muscles are used that come into play but rarely in other forms of sport. An extreme sense of balance and a supple body are essential. Practised at home, or in your physical education classes, the benefits of these exercises will be immediately apparent on reaching the snow fields.

"While literally hundreds of movements are adaptable for the skier, we have endeavored to combine and condense into a few simple exercises those which are directly applicable. They are suitable for the novice, the advanced skier, or those merely desiring setting-up exercises. They are especially beneficial to the men and women who desire to ski but whose opportunities for exercise are limited."

Skiing Exercises with Skis

as used by Luell Weed in her Dry Skiing classes

1. Walking "Sliding"

Slide the ski forward to a point where the binding of the forward ski is over middle of point between the binding and tip of back ski.

Pull back ski forward, and as it passes other ski change weight to it.

Keep heels down, sliding forward with easy-going movement—"slide-slide-slide."

The arm movement should be natural, as in walking. Push with the pole on the opposite side of the forward ski. Place pole in the ground close to the ski.

2. Downhill Position

Similar to ground position (feet and ski tips together) in that skis are parallel and closed with one foot a half length of boot forward. Weight evenly distributed on both feet.

Bend knees slightly and press together so that the sides of the knee are grooved together.

In that position, bend the knees and ankles up and down with supple elastic motion being careful not to allow knees to become rigid upon upward bend.

3. Leg Swing Forward

Swing the left ski out and press tip back with the

toe so that the tip touches your left shoulder. Keep the back of the left ski close to the tip of the other ski. Keep upper body straight with arms out to the sides. Keep knees bent during this exercise. Alternate several times, left and right. This is a preliminary for the kick turn.

4. Side Trunk Bending

Bend knees and swing hips toward the right and at the same time bend trunk to the left. Bend upper body slightly forward. Alternate.

5. Kick Turn

First movement is the same as Leg Swing (3) followed by turning the right ski tip out and then put back on the ground with the tip backwards, with skis closed and parallel and bindings on the same point. Keep weight on left ski until right ski is completely around in opposite position, and then transfer weight, and bring left ski around parallel to it.

With poles: After first movement, push left pole in ground near the binding and lean upon it to turn right ski. After second movement, put right pole between skis and bring left ski around.

6. Jumping

Start downhill position. Jump up, straighten legs and body, land with skis together and absorb the shock in ankles and knees. Do in rhythm a little later (very strenuous).

7. Ski Side Swing

Lift the right ski slowly and easily sideways (parallel) and tilt upper body opposite direction to preserve balance. Repeat to left and alternate.

8. Cross Country Exercise for Boys (Without Skis)

Run with poles a mile or two. Run three steps, putting right pole forward, and then three steps, left pole pushing, and repeat.

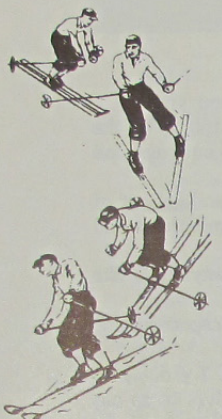
Exercise for "Christie"



The drawings of skiing techniques on pages 28-29 are reproduced from *It's Easy to Ski* by courtesy of the author, Charles M. Dudley.



DOUBLE STEM TURN



STEM CHRISTIANIA—Right



OPEN CHRISTIANIA—Right:



TELEMARK—Left:

9. Stem position

Slide right ski to right by pushing heel out to right, keeping ski tips together. Keep both knees bent with upper body slightly bent forward. Shift weight onto right ski, bending right knee over ski and bring right shoulder around over right ski. Keep left knee slightly bent. Do not allow it to become rigid (in actual skiing you would fall down if other knee was rigid). Bring ski back to position and alternate.

10. Cross Step (For Balance)

Swing left ski forward and swing back on right side of right ski, crossing over left ski and back again.

Variation: Take right ski out the back and swing around sideways into position and alternate.

11. Telemark

Slide one ski forward, bending knee on back ski onto the ski, or as nearly onto it as binding or boot will allow. At first spring a little in that position to stretch the muscles easily without strain. Alternate.

12. Christiana

Movement done in three parts: (a) both heels together, flat and pressing to the left; (b) press both knees to the right; with these two you have a twist; (c) contrary hip swing. Hips are swung to the left.

It is complete when the upper body makes a twist movement parallel to the twist in the legs, and the shoulder and head are turned to the right. Do all movements at once, and alternate.

13. Deep Knee Bending

Both knees closed and skis closed—hold both feet flat on skis. Bend back and down until you are sitting on the skis. Pull up and forward by bending the waist forward, and bringing weight forward with quick upward pull of trunk muscles. If necessary take hold of toe straps to aid in pulling you up.

14. Forward Trunk Bend (Stem Position—9)

a) Bend forward touching hands to ground between skis: be sure to keep knees bent. Do ten times.

b) Start in stem position—touch right hand to left toe and swing weight over so that left hand touches right toe and alternate in rhythm swinging in shoulders and waist vigorously.

(NOTE: Do a few exercises at a time; gradually add an additional one each day. Do ten times each instead of five times each, as at first.

Skiing Exercises without Skis

By Hans Georg, Ski Professional

In all exercises, the knees are kept slightly bent, as required in skiing. The feet are flat

on the floor, weight evenly distributed between ball of foot and heel at all times.

A. Exercises for Knee and Ankle Action (Downhill Position)

1. Swing the arms forward, straightening up the body.

2. Swing the arms down and back, at the same time going into a deep crouch with supple knee action.

3. Repeat from twenty to thirty times.

B. Exercises for Hip Action in Traversing and Christiania Position

1. Swing the raised arms to the left, shifting the hips and knees to the right, knees slightly bent, *body in straight line vertically*.

2. Repeat, reversing arm, hip, and knee action to the right.

3. Repeat from fifteen to twenty-five times.

C. Exercises for Knee and Shoulder Action in Stem Position and Snowplow Turn

Throughout this exercise, legs are spread apart, toes pointing in a little, and the heels are on the floor.

1. From an erect position, swing the raised arms to the left side and back with evenly-bent knees.

2. Repeat to the right side.

3. Repeat combined from ten to twenty times.

4. From same erect position, reach forward with swing of right shoulder, touching right hand to imaginary right ski tip.

5. Repeat to left.

6. Repeat combined from ten to twenty times.

D. Exercises for Knee and Hip Action in the Christiania Turn

Throughout this exercise, feet are together and the heels are on the floor. Upper body with raised arms turned to the right.

1. Swing the arms down and back, at the same time going into a deep crouch, and back up.

2. Swing the arms back to starting position, at the same time repeating the crouch with supple knee action.

3. Repeat 1 and 2 ten times, then do the exercise ten times with the body turned to the left.

E. Exercises for Knee Action and Balance (Stem Christiania)

Throughout the exercise, hands are on the hips.

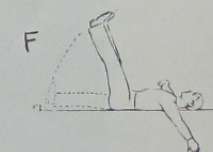
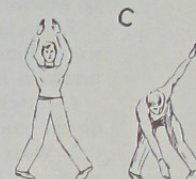
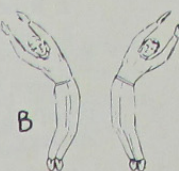
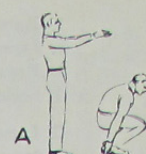
1. Bending the right knee, swing the left leg straight out to the side.

2. Bending the left knee slightly, swing the right leg straight out to the side.

3. Repeat ten to twenty times, gradually deepening the crouch.

F. Exercises for Stomach Muscles (Jump—Turns and Climbing)

Lie flat on the floor with the arms spread sideways.



Above illustrations are reproduced by permission of the California Chamber of Commerce.

1. Raise both legs together straight up to a right angle.
2. Lower them slowly until a few inches from the floor.
3. Repeat from five to ten times without touching the floor with heels.

C. Exercises for the Kick Turn

1. Stand erect, arms raised to horizontal position. Raise right leg forward as high as possible, keeping leg straight.
2. Repeat with left.
3. Lift right leg and turn foot out to right in lunge position. Bend knee forward over toe several times. Alternate.

There are some good rules for general conditioning for the sport of skiing which might well be called "sitzmark strategy." A few of them are listed below.

Sitzmark Strategy

1. *Condition yourself previously.* It is a good idea to take a series of setting-up exercises every day for at least a month prior to ski season. Take these exercises in the morning or before retiring. Ankle, knee, lower back, upper back, abdominal, and shoulder stretching exercises are especially beneficial. A limber body is the secret of your success for you are better able to maintain balance and to control your skiing.

2. Be sure you have adequate ski equipment. It need not be expensive but must fit properly.

3. Do not wear hiking boots for skiing. Ski boots must be worn. Bindings must fit in order that they hold your foot firmly in line with the ski.

4. Check your equipment before leaving for a trip. Others do not enjoy waiting for you.

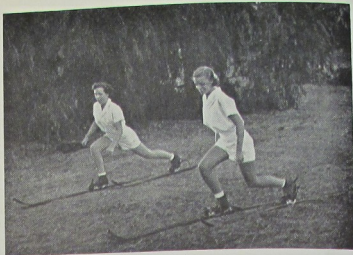
5. Wear clothing that is light weight but wind and water repellent. Waterproofed materials do not allow for proper body evaporation; therefore, water repellent materials are much better.

6. Do not dry your equipment near a fire or heater of any kind. Leather will be ruined by drying out; clothes lose their repellent qualities; and skis warp.

7. Ski with your poles hanging at your sides and out in back, not in front of you or dragging on the ground. They may catch on something and throw you down.

8. When you find yourself on a trail with good skiers

Limbering in "stem" position



Telemark exercise

approaching, stand still and they will go around you.

9. When you make a "sitzmark" or "bathtub," fill the depression with snow immediately. It is only courteous and saves many an accident.

10. When you fall down, get up immediately and get out of the track until you have re-established your equilibrium and are ready to go on again.

11. When you hear "track," get out of the way. It is like "fore" in golf.

12. It pays to take a few lessons before experimenting by one's self.

13. *Do not go out alone.* You may get lost. By doing so you cause many others to inconvenience themselves to go out to look for you. You may meet with an accident and have to lie in the snow for hours until someone finds you—and you might not be found until too late.

14. Do not expect to ski with experts if you are a novice. You may accompany them to the snow fields, but as a novice, ski on novice slopes. If you are an expert, do not ask a novice to accompany you on a cross-country trip.

15. Do not use a ski-tow or up-ski unless you know one elementary turn. It will cost you less to stay on short slopes at first than to buy one ticket for the up-ski and pay the doctor bills incurred from inexperience in downhill running.

16. Check trail conditions at the central lodge or starting point before taking off. Snow conditions are never the same twice.

17. Do not traverse a new trail without being accompanied by someone who has previously skied it.

18. Do not expect one wax to be good for all skiing. Snows are different and each snow—wet, dry, powder, icy—requires a different wax.

19. Provide your own ski wax. You may borrow others if yours is not right for the snow, but be sure to offer yours when yours is the right kind.

20. *Do not become over enthusiastic and ski when fatigued.* The greatest number of accidents occur on that last "just one more run" when your muscles are tired and your balance is poor.

21. If you are a woman, carry your own packs and skis. Don't complain about the cold. You may let a man help you, but don't wait for one to come around. Also, if you are a man, don't forget your invited lady. At least she will enjoy lunching with you.

22. Carry a package of matches—good for fires and signals if lost.

(Continued on page 52)

It May Interest You to Know---

A DIGEST of material on research in recreation has been made by Dr. G. M. Gloss of the Louisiana State University for a new encyclopedia on research in education being compiled by Dr. Walter Monroe. Dr. Gloss secured 60 master's theses, 17 doctoral studies, 83 magazine articles, 75 books, 24 bulletins, 12 reports, 9 surveys, and an assortment of yearbooks, papers, and mimeographed material. Three and one-half months of full-time work was required to brief these studies under the following headings: History and Recent Trends, General Sociological Effects, Youth Problems and Leisure, Recreation and Education, Public Recreation, Economic Effects, Professional Aspects, and Personal Health and Recreation.

* * *

A NEW periodical, the *Public Personnel Quarterly*, has just been issued under the sponsorship of the New York City Civil Service Commission. The new publication will contain original articles concerned with practical phases of public personnel administration and will also present digests of significant books, monographs, and magazine articles.

* * *

THE Seventeenth Annual Meeting of the American Orthopsychiatric Association, an organization for the study and treatment of behavior and its disorders, will be held at the Hotel Statler, Boston, February 22-24, 1940. Dr. Norville C. LaMar, 149 E. 73rd St., New York City, is the Secretary.

* * *

THE Eighth American Scientific Congress will be held in Washington, D.C., May 10-18 under the auspices of the federal government. Scientific institutions and organizations are cordially invited to send representatives. Of the eleven sections into which the Congress will be divided, several are of direct interest to the profession of health, physical education, and recreation: anthropological sciences, biological sciences, public health, physical and chemical sciences, sociology, and education. Foreign delegates will also be at this gathering, which is being convened in connection with the celebration of the fiftieth anniversary of the founding of the Pan-American Union.

* * *

IN place of the usual annual Physical Education Institute sponsored by George Williams College of Chicago, there is to be held this year on January 19 and 20 a Cooperative Institute on Physical Education in the Y.M.C.A., sponsored jointly by the National Board and Physical Directors' Society of the Y.M.C.A. and George Williams College. Taking as a theme, "Strategy and Program for Y.M.C.A. Physical Education," the Institute will attempt to implement the "new physical education" and the findings of the Toronto Convention of the Physical Directors' Society in the direction of improving group experience, skills, health programs, and training for lay service. Details of the meeting may be obtained from C. D. Giauque, George Williams College, Chicago.

* * *

THE Fourth National Social Hygiene Day will be observed on February 1 as part of the continued effort to focus the attention of a hundred million Americans on the evils of syphilis and gonorrhea. Kits of program and publicity aids and suggestions as to public speakers are offered free to cooperating groups by the American Social Hygiene Association, 50 West 50th St., New York City.

* * *

POW WOW, a monthly bulletin on camping published by the Pacific Camping Association, devotes its entire November issue to the American Camping Association Conference. The joint meeting of the Pacific Camping Association and the American Camping Association is to be held at lovely Asilomar, in California, January 25-28. The conference theme will be "Implementing Democracy

in Camping." Among the guest speakers are Dr. Charles A. Wilson, President, A.C.A.; Dr. Bernard S. Mason, Dr. Lloyd B. Sharp, Dr. Rosalind Cassidy, Dr. Ross L. Allen, and John C. Neubauer, President of the Pacific Camping Association.

Teaching Wrestling

(Continued from page 24)

When the meet is held at some other school, all details of transportation and accommodations should be arranged in advance. The coach has a great deal of influence as to the proper conduct of the wrestlers on trips. Their conduct should be above reproach at all times.

The coach must build for the future and therefore not neglect the young wrestler. The second team should be coached, equipped, and have a schedule of meets arranged for it. Any possible unit of rivalry which keeps the beginner interested in the sport is important.

Although some of the points mentioned in this article may seem trivial, most of them are important to a successful season. The wise coach will give them due consideration, so that the sport of wrestling will reach a high popularity in the athletic program of the schools. " "

Snow or Straw--We Ski!

(Continued from page 30)

Transportation

23. See that your car has chains that fit your tires. Borrowed ones very seldom fit.

24. If going high in the mountains for overnight, put in anti-freeze. You won't have to buy a new cylinder block.

25. Do not carry skis in the car. Ski racks are quite inexpensive and will save time in loading the car.

26. Do not carry skis on both sides of the car, preventing the passengers from getting out at a moment's notice.

27. Do not drive in a car with the windows closed tight. Take an extra coat along, for the driver may want his window open completely during the trip. Do not ask him to close it, as it will be a hazard to your safety and to his driving. He may fall asleep from warm air. Also, there may be leakages from the exhaust which may penetrate the car in small quantities.

28. Avoid riding in a rumble seat, if possible—dangerous in case of wreck.

29. If you have a choice of transportation, take the sedan and not the cabriolet type. There is more protection in case of rolling over.

30. Be sure you carry a flashlight. Check your headlights before going, and carry an extra globe.

31. Be cautious. You may be a good driver, but ten out of every hundred are not. Do count on that when you are passing and crossing intersections.

32. Cooperate with the highway patrol. They are not trying to catch you at something; they are trying to keep winter travel safe.

33. Don't be a show-off on ski trips. Save that for your own backyard.

34. Help the driver put on chains and remove them, too. He has a hard enough job driving without all the extra work.

35. Do not ask for one more ride on the up-ski if you have a ticket left; especially if your driver does not enjoy night driving.

Eastern District ❖ Association News ❖

President—Alice C. Aldrich, Montpelier, Vermont.
Pres.-Elect—W. L. Hughes, Columbia University.
Vice-President (Health)—Walter Cox, Ithaca, N.Y.
Vice-President (Physical Education)—Loretta C. Ryan, New York.
Vice-President (Recreation)—L. C. Schroeder, Pittsburgh.
Sec.-Treasurer and News Editor—Grace E. Jones, Summit, N.J.

Convention: Boston, March 26-29

Eastern District 1940 Convention Plans

Date: March 26-29, 1940.

Place: Boston, Mass.

Hotel Headquarters: Hotel Statler.

Committees

Convention Chairman: Alice Coutts Aldrich, President.

Executive Committee: Alice Aldrich, Chairman; William L. Hughes, Loretta C. Ryan, Walter A. Cox, Louis C. Schroeder, Hiram A. Jones, Grace E. Jones.

Program Committee: Marjorie Bouvé, Chairman; Loretta C. Ryan (Physical Education), Walter A. Cox (Health), Louis C. Schroeder (Recreation), and all Section Chairmen.

Local Convention Managers: Daniel J. Kelley, Honorary Convention Manager; Joseph McKenney, Convention Manager.

Local Coordinating Committee: Ernst Hermann, Chairman, Sargent School; Marjorie Bouvé, Bouvé-Boston School; Mabel Brown, Public Health; Helen M. Dauncey, Community Service; Ruth Elliott, Wellesley College; May P. Fogg, Winsor School; Norman Fradd, Harvard University; Frederick J. Gillis, Boston Public Schools; Daniel J. Kelley, Commonwealth of Massachusetts; Jean V. Latimer, Public Health; Robert E. Laveaga, Y.M.C.A.; Joseph McKenney, Boston Public Schools; James G. Reardon, Posse Institute; Frederick Rand Rogers, Boston University; Dorothy Rutherford, Y.W.C.A.; Clair E. Turner, Massachusetts Institute of Technology; Nathaniel J. Young, Boston Public Schools.

Nominating Committee: George W. Ayars, Chairman, State Director, Dover, Delaware; Thomas Barker, Atlantic City, N.J.; Helen Clark, Bridgeport, Conn.; Harry Edwards, Augusta, Maine; Ruth Elliott, Wellesley, Mass.; Edwin Hastings, New York, N.Y.; W. F. Meredith, Philadelphia, Pa.; Herman J. Norton, Rochester, N.Y.; William A. Palmer, Pittsburgh, Pa.

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Delaware: George Keen, Georgetown.

District of Columbia: Edward W. Solomon, Langley Junior High School.

Maine: Carl Wiggin, Deering High School, Portland.

Maryland: Fred D. Crosby, Playground Athletic League, Baltimore.

Massachusetts: Joseph McKenney, Public Schools, Boston.

New Hampshire: John Clark, Peterboro.

New Jersey: Thomas A. Barker, High School, Atlantic City.

New York: Paul Krimmel, Board of Education, Syracuse.

Pennsylvania: Wynn Frederick, State Teachers College, Lock Haven.

Rhode Island: John H. Osterberg, 20 Summer St., Providence.

Vermont: Sherman P. Fogg, High School, Bellows Falls.

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Administrative Measurements: James J. Carter, Public Schools, Quincy, Mass.

Camping: Robert C. Marshall, N.Y.U., Washington Square, New York City.

College Men's Physical Education: Gilbert F. Loeb, Colby College, Waterville, Maine.

Dance: Pauline Chellis, 105 South Huntington Ave., Boston.
Health Education and Nutrition: Edward Storey, Mamaroneck, N.Y.

Intramural Athletics: H. Harrison Clarke, Syracuse University, Syracuse, N.Y.

Men's Athletics: Carl P. Schott, Penn State College, State College, Pa.

Private Schools: May Fogg, Winsor School, Boston, Mass.

Public Schools: Mazie V. Scanlan, Administration Bldg., Atlantic City, N.J.

Recreation: Ray Conger, Penn State College, State College, Pa.

Research: Josephine L. Rathbone, Teachers College, Columbia U., New York City.

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School Physicians: Dr. Charles Prohaska, State Education Dept., Hartford, Conn.

Teacher Training: Ernst Hermann, Sargent School, Boston Univ., Boston, Mass.

Therapeutics: Katherine F. Wells, Wellesley College, Mass.

Women's Athletics: Elizabeth Yeend Meyers, N.Y.U., Wash. Sq., New York City.

Dental Hygiene: Dr. J. M. Wisan, Elizabeth, N.J.

Student Section: Annette Goodall, Bouvé-Boston School, Boston, Mass.

PENNSYLVANIA

Elizabeth McHose

The annual convention of the Pennsylvania State Association for Health, Physical Education, and Recreation, held December 8 and 9 in Philadelphia, reached a new peak in both excellence and attendance. Dr. Elwood C. Davis, President, Frederick Prosch, Program Chairman, and Grover W. Mueller, Convention Manager, together with the members of their various committees, succeeded in staging a convention which proved both practical and inspirational.

Friday morning was given over to visitations, the majority of the delegates taking advantage of the wide range of opportunity offered by Philadelphia.

At the informal dinner meeting, addresses were given by Dr. Alexander J. Stoddard, Dr. Frederick Maroney, and Dr. Roy C. Hackman. Dr. Hiram A. Jones was the main speaker at the closing general session.

Officers for the ensuing year are: Pres., Wynn Frederick; Pres.-Elect, Louis Schroeder; Vice-Pres., Herbert Herzog; Sec., Esther Henderson.

RHODE ISLAND

The second newsletter of the Rhode Island Physical Education Association was published in December. It contained the announcement of the Second Quarterly Meeting which was held December 14 at 8 p.m. in Bryant College Gym-Auditorium. Dr. Hiram A. Jones of the New York State Department of Health and Physical Education was the speaker.

With the newsletter was a very worth-while enclosure—an article on "Teaching Fundamentals of Badminton" by Carl H. Jackson.

STUDENT SECTION NEWS

Annette Goodall, student at the Bouvé-Boston School of Physical Education, Boston, is Chairman of the Student Section of the Eastern District Society of the A.A.H.P.E.R. for the year 1939-1940. Curtis Gaylord of Springfield College is Chairman-Elect, Jacquelyn Horey of Russell Sage College has been elected Secretary, and Marjorie Bouvé is faculty adviser.

Meetings will be held to organize the program for the Student Section at the spring convention of the Eastern District Society. An interesting program with student participation is being arranged, and all junior and senior students from teacher-training institutions are cordially invited to attend this section meeting. In connection with the Student Section, the regular business meeting will be held for student delegates representing the different teacher-training institutions.

Corecreation in Physical Education Programs

By

G. M. GLOSS, Ph.D.

Louisiana State University

ONE of the obvious social demands of youth is the chance to associate under favorable conditions with young people of the opposite sex. How may we best serve this need by utilizing the program of physical education and recreation in high school and college? This article is concerned with the potentialities in corecreation.

It is difficult for young people of today to meet those of the opposite sex with congenial tastes, beliefs, and interests. The early American small community with its church parties, community gatherings, barn-raising, quilting-bees, sleigh-rides, husking-parties, and barn dances has, for all practical purposes, disappeared. Young people are forced to rely on chance acquaintanceships made at school, at work, upon street flirtations, or upon other ways not condoned or accepted by society. Under such circumstances, is it any wonder that we find young people desperately lonely, focusing their energies on moving to the big city and trying amusement parks, public dance halls, or the streets to make acquaintances?

How long will it take adults to learn that the art of getting along with others, like any other technique, requires years of practice, years of seeing others, years of talking with others, and years of cooperating and sharing experiences. Young people will meet, and if favorable conditions are not convenient, their social contacts may be in undesirable circumstances. Mystery and glamor produced by undue sentimentalism is often dangerous. Self-control is not learned in isolation nor by a process of unconscious prohibitive conditioning. It requires understanding on the part of adults and opportunities for self-imposed responsibility on the part of youth.

Those who would help young people to reach a well-adjusted maturity must guide them in this adolescent period of transition, of conflict, search, and experimentation. Leaders are needed who are themselves well-adjusted and fully mature, who will not use authority to hamper youth, and who will lead by example toward better ways of behaving. Evaluation of youth's conduct should be in terms of "better" or "not as good as possible," rather than an absolute right or wrong. Otherwise they may dislike the teacher instead of disliking what society regards as wrong.

It is not the academic curriculum but rather the activities known as "extracurricular" which offer the richest opportunities for young people of opposite sexes to meet each other under favorable circumstances.

A STUDY by Dalrymple of the recent attempt to organize coeducation in college physical education was made from 142 private schools, denominational col-

leges, and state universities. Some of the conclusions were:

1. The majority of schools offer opportunity in at least one activity for corecreation.
2. Swimming, although highly popular with both sexes, is noticeable only by its absence.
3. Programs are hampered by prejudice and personal opinion of the directors of physical education, presidents of various schools, school traditions, and the influence of the community in which the school is located.
4. Lack of finances in some cases has proven a help, for lack of facilities has forced joint usage in some schools.
5. The most commonly offered corecreational activities are: tennis, dancing, archery, badminton, and golf.
6. The actual number of courses offered is small, being less than 1 per cent per school in the state and private schools, and slightly more than 3 per cent per school in the denominational institutions.
7. The greatest impetus toward expansion of the corecreation program is found in the manifested interest of the students.

The Western section of the National Association of Directors of Physical Education for Women found in a study of 185 institutions that:

1. One hundred and two schools indicated that some activities are being offered.
2. Programs are proving highly successful and the movement promises to become permanent, although the program is in the early stages of organization in most of the institutions.
3. The women's department has taken the major share of organizing and conducting the program.
4. The program is just as popular with the men as with the women.
5. There has been no criticism of the program when there has been adequate leadership and supervision.

AS directors of physical education, we might note that there are certain favorable possibilities for the instigation and maintenance of the corecreational program. Some of these would seem to be:

1. Enlist the cooperation of other teachers. It might be well to form a committee of faculty members, students, and community leaders.
2. Start on a small scale and build slowly.
3. Organize your program ahead of time and use the techniques of advertising and publicity so that the group is set for it.
4. Use movies and other visual aids to help set the stage.

(Continued on page 59)

FIRST COMMENTS:

"The book combines idealism with practicality to a rare degree. It should help many a teacher to accomplish vastly more than the production of model scholars. It opens the doorway to intelligent and self-disciplined living."

"This book is certainly a unique approach to the problem of health in its broadest sense for children and I am indeed delighted with the suggestions that it contains for the classroom teacher."

MAYBELL G. BUSH, *Elementary School Supervisor,
Department of Public Instruction, Madison, Wis.*

"This book is so workable that no teacher dealing with age groups involved should be without a copy."

JAY B. NASH, Ph.D., *Head, Department of Health
and Physical Education, New York University*

"It is a most stimulating volume to all who are interested in the health and consequent happiness of our next generation."

Ohio State Medical Journal

"The book is very valuable for elementary teachers inadequately trained in health education, and represents an excellent handbook for any elementary teacher desiring to check carefully the extent to which she gives direction in health practices in an integrated program."

Frontiers of Democracy, A Publication of The
Progressive Education Association

Teaching Wholesome Living

In the Elementary School

By ALMA A. DOBBS, *Board of Education,
Los Angeles, California*



This important book is based on the fundamental premise that children should be encouraged and be taught to *grow in all ways*. Education now, because of scientific advancement, is concerned with the whole child. It has been demonstrated that physical growth and the best development of the child are best attained under conditions of security, love, contented work and happy play, in all of which the child is building a personality.

Wholesome living begins in the home and parents as well as teachers should find help in understanding the child and information and suggestions for guiding him into healthful ways of living. In the school Wholesome Living is complementary to the general education program of which it is a part and may be thought of as a continuous social activity. . . . The *Supplement* further discusses the foundation for the Point of View presented in Part One. The Appendix contains a brief discussion of alcohol and other narcotics, Health Knowledge Tests, and Sex Education.

If you are a supervisor, you will want to see this book with a view to recommending it for use by your elementary school teachers.

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If you have classes in teacher training institutions, you will find this book especially suited for class use.
Send for your examination copy.

Barnes Text Books

Here is a check list of our most popular texts. Send for examination copies of the books you want to examine for class use.

- ☐ THE CONDUCT OF PHYSICAL EDUCATION by Mabel Lee \$3.00
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